



ISLANDS WEST PRODUCE WEEKLY SPECIALS

AUGUST 23RD – 29TH, 2025



CORN PEACHES & CREAM
48ct Case
Vancouver Island



WATERMELON SEEDLESS
Per/lb
Washington



**PEPPERS RED #1
EXTRA LARGE**
11lb Case
British Columbia



CARROTS SNAPTOP
50lb Case
Vancouver Island



**POTATOES YELLOW
LARGE**
50lb Case
Vancouver Island



TOMATOES DICED 3/8"
7lb CTN.



**SEA SALT ELDORADO
MESQUITE
[DRIED SPICE]**
9005g



**MIREPOIX BLEND IQF
[FROZEN]**
6x2kg Case

EAT FRESH



There are so many ways to enjoy corn on the cob, aside from the regular butter and salt we love so much.

- Make a spicy Corn on the Cob seasoning with a bit of cayenne pepper, salt, sugar and cumin.
- Try Basil Parmesan Corn on the Cob....it's amazing.
- Make Mexican Street Corn Salad.
- Sprinkle extra corn on Grilled Pizza with Bacon.
- Stir into a Cheesy Jalapeno Corn Casserole.
- Try Lobster Corn Chowder...it's insanely DELISH.



🔍 Corn-on-the-Cob ✕

Storage and Preparation

Corn loses sweetness quickly; the sooner eaten, the tastier it is. Refrigerate fresh corn with husks attached in a plastic bag for up to 1 week. To prepare for use, peel husks, remove the silks, and wash with cool water.

For longer storage, corn both on the cob and off can be frozen. Blanch prepared ears in boiling water for 4 minutes, cool quickly in ice water, and drain. Dry whole ears and freeze in labeled freezer-safe bags or cut kernels from the ear and freeze in labeled bags. Use within 12 months.

Serving Ideas

Eat fresh corn on the cob. Shuck, wash, and boil ears for 4 minutes. Dress with butter, spices, lime juice, or herbs.

Add fresh, frozen, or canned corn to soups, salsas, chilis, salads, or casseroles.

Corn Math

1 medium ear = $\frac{3}{4}$ cup 5 medium ears = 1 lb



ISLANDS WEST PRODUCE LOCAL SHEET

AUGUST 23RD – 29TH, 2025

Phone: 250-727-0744 • 1-800- 477- 4088 • Fax: 250-727-9666 • www.islandswest.com



LOCALLY SOWN | LOCALLY GROWN



LOWER MAINLAND

BC Fresh

Beets, Gold [Medium]
Carrots [Jumbo]
Potatoes, Red [Medium]
Radish, Bunch

Windset Farms

Lettuce, Butter
Tomatoes, Avalantino
Tomatoes, Grape
Tomatoes, Cherry
Tomatoes, On the Vine
Tomatoes, Symphony

Bean Sprout King

Bean Sprouts

Avina Mushrooms

Mushrooms, Brown Jumbo
Mushrooms, Exotic Mix
Mushrooms, Oyster
Mushrooms, Portabella #2
Mushrooms, Shiitake
Mushrooms, White Jumbo

RGR

Beets, Bunch
Carrots, Bunch

Champs Mushrooms

Mushrooms, Portabella #1
Mushrooms, White, #1
Mushrooms, White Button
Mushrooms, White Foodservice
Mushrooms, White Institution
Mushrooms, White Sliced
Mushrooms, Chefs Mix

V.I. Farms

Peppers, Orange
Peppers, Red
Peppers, Yellow

Van Eekelen

Belgium Endive

Direct Source

Bartlett Pears
Blueberries
Grapes, Coronation
Jalapeno Peppers
Nectarines
Peaches
Plums
Prune Plums
Serrano Peppers
Strawberries



VANCOUVER ISLAND

Eatmore Sprouts

Sprouts, Alfalfa
Sprouts, Clover
Sprouts, Pea Shoots

Galey Farms

Corn on the Cob

V.I. Farms

Cucumbers, LE
Cucumbers, Mini

Gobind Farms

Blackberries

IVCA

Beets, Red
Carrots, Nantes

Michells

Corn on the Cob
Lettuce, Cello Head
Lettuce, Green
Lettuce, Red
Lettuce, Romaine
Parsnips [Large]
Rutabaga
Zucchini, Green
Zucchini, Yellow

Echo Farms

Corn on the Cob
Potatoes, Kennebec
Potatoes, Yellow [Lg, Med, Nuggets]

Grocery Partners

Bread [Various Varieties] - Portofino
Eggs - Farmer Bens
Mandarin Juice - Joosy [6x1L]
Tofu, Firm - Green Cuisine
Tofu, Wet Pack - Green Cuisine



CANADA

The Little Potato Company

Potato, Creamers Mixed
Potato, Creamers Red
Potato, Creamers Yellow

Potato, Red Size "B"

****Product subject to availability**



NEW SPICES JUST IN!

PREMIUM QUALITY | FOOD-SERVICE READY

We're pleased to announce the latest additions to our *Islands West Spice Collection*:



**Cracked
Coriander**



**Roasted
Chopped Garlic**



**Roasted Garlic
Granules**



**Fire Roasted
Onion Granules**



**Smoked Minced
Onions**



**Toasted
Chopped Onions**



**Ancho Chili
Flakes**



**Chickpea
Flour**

From expertly roasted aromatics to rich, smoky blends and essential pantry staples, *this expanded lineup is designed to elevate culinary creations with premium quality and depth of flavour.* Perfect for food service and retail, each product reflects our continued commitment to freshness, consistency, and exceptional taste.



**Nutritional
Yeast**



Cornstarch

ISLANDS WEST PRODUCE | www.islandswest.com

Locally Led. Quality Ingredients. Food Service Ready.